



# Bra Fit Guide

Did you know 80% of women are wearing the wrong size bra?  
Forget the tape measure! Follow these 3 simple steps to discover the right fit for you.

## The Underband

80% of the support comes from the bra's band. So the firmer the fit, the better.



**Tip 01 :** A new bra should be fitted on the middle hook and eye.



**Tip 02 :** The band should sit parallel around your body.



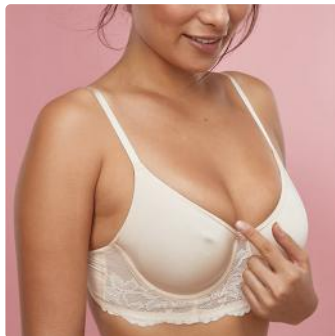
**Tip 03 :** Two fingers should be able to be placed under the band.

## The Cups

Up a band size = Down a cup size. Down a band size = Up a cup size



**Tip 01 :** The wire should sit flat against the rib cage. The bust should be encased within the cup.



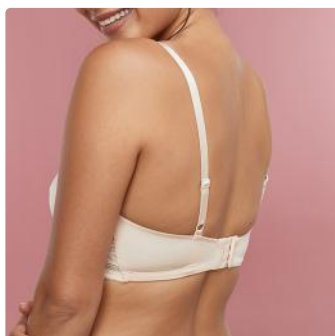
**Tip 02 :** Cups that are too small will bulge.



**Tip 03 :** Cups that are too big will gape.

## The Straps

Only 20% of support comes from the straps.



Straps should sit comfortably adjusted. Too loose they fall off your shoulders too tight and they dig in.